



CRISPY VEGETABLE & WHITE BEAN PANZANELLA

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 840/SERVING



Crispy, crunchy, tender, creamy, bright, and herby are just a few of the words we'd use to describe this panzanella, a Tuscan chopped salad. Tender spring greens are tossed with veggies and a bright dill and parsley sauce, then topped with creamy avocado, roasted white beans, and crispy croutons.

WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE	2 servings	4 servings
Bread	2-3 slices	4-6 slices
Spring mix	4 cups	8 cups
Radicchio	1/4 head	1/2 head
Radishes	2	4
Green beans	8 oz	16 oz
Cucumber	1	2
Carrot	1	2
Avocado	1	2
White beans	1 cup	2 cups
Green sauce	1/4 cup	1/2 cup



Preheat the oven to 400°F. Rinse the **white beans**. Toss in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone mat or lightly greased and bake for 15-20 minutes until golden and crispy.



Cube or tear the **bread** and toss in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread on another baking sheet lined with a silicone mat or lightly greased and bake for 8-10 minutes until golden brown (at the same time as the beans).



Meanwhile, prep the rest of the ingredients: trim the **green beans**, thinly slice the **radicchio**, **radishes**, and **cucumber**, shave or thinly slice the **carrot** into ribbons, and cube the **avocado**.



Add the **green beans** to a pan with a little bit of **water** (not enough to cover the beans). Bring the water to a boil and cook the beans, tossing constantly, until they're bright green. Immediately remove from heat and rinse under **cold water** to stop the cooking.



Add **all the vegetables** to a large bowl along with the **green sauce** and toss to coat. Season with **salt** and **pepper**. Divide between plates and top with the **white beans** and **crispy bread**.

Nutrition Facts		Valeur nutritive	
Per Serving (845 g)			
pour 1 (845 g)			
Calories 840		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 42 g			56 %
Saturated / saturés 6 g			30 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 100 g			
Fibre / Fibres 22 g			79 %
Sugars / Sucres 16 g			16 %
Protein / Protéines 28 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1020 mg			44 %
Potassium 1950 mg			41 %
Calcium 350 mg			27 %
Iron / Fer 13.5 mg			75 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			